

Exercise Science Degree

Bachelor of Science, 2026-2027

Sample 4-Year Plan (Emphasis in Pre-Health Professions)

This sample plan aligns with the typical requirements for entering a Physical Therapy Program.
Alternative **electives** can be used that align with the institution and program of your choice (i.e., OT, RD, PA, etc...).

1 st Year					
Fall			Spring		
BSC 24400	Intro to Cell/Molecular Biology	4	BSC 23400	Intro to Organismal Diversity	4
ENGL 15000	GE - Core (English Composition I)	3	ENGL 17000	GE - Core (English Composition II)	3
HFS 21500	Intro to Health and Fitness Sciences	3	MTH 15200	Pre-Calculus	3
MTH 15100	GE - Core (Math - College Algebra)	3	EXS 27500	Research Methods	3
UNIV 10100	First-year Seminar	1	MTH 14100	Basic Statistics	3
Semester Credits		14	Semester Credits		16
2 nd Year					
Fall			Spring		
BSC 22700	Human Anatomy & Physiology I	4	BSC 22800	Human Anatomy & Physiology II	4
PSY 10000	Principles of Psychology	3	EXS 24000	Nutrition Through the Life Cycle	3
EXS 20100	Concepts of Physical Fitness: Cardiorespiratory and Aerobic Performance	3	EXS 20200	Concepts of Physical Fitness: Strength and Muscular Performance	3
CHM 23100/24100	General Chemistry II	4	CHM 23200/24200	General Chemistry III	4
Semester Credits		14	Semester Credits		14
3 rd Year					
Fall			Spring		
EXS 31500	Exercise Physiology	3	EXS 31700	Adv. Exercise Physiology	3
EXS 31600	Exercise Physiology Lab	1	EXS 32500	Biomechanics	3
HFS 31000	Functional Anatomy	3	EXS 38700	Exercise Testing & Prescription	3
GE – Core	GE - Core (Am/Gov't, US History)	3	EXS 38800	Exercise Testing Prescription Lab	1
GE – HC / Arts	GE - Human Cultures (Fine Arts)	3	GE – HC	GE - Human Cultures (Non-Art, Non-Lit)	3
PSY 30300	Abnormal Psychology	3	GE – HC	GE - Human Cultures (300-level elective)	3
Semester Credits		16	Semester Credits		16
4 th Year					
Fall			Spring		
EXS 41500	Program Implementation	3	HFS 47000	Internship	3
EXS 43000	Physical Activity for Specific Populations	3	HFS 33000	Rec, Sport, Fit Administration	3
PHY 25100	Introduction to Physics	4	PHY 25200	Introduction to Physics II	4
	Elective (300-level)	3		Elective (300-level)	3
	Elective (300-level)	3	GE – HC / Lit	GE - Human Cultures (Lit)	3
Semester Credits		16	Semester Credits		16
				Total Degree Credits	122

Courses in red are specific to emphasis.